



Issue 1, December 2023

For Your Information

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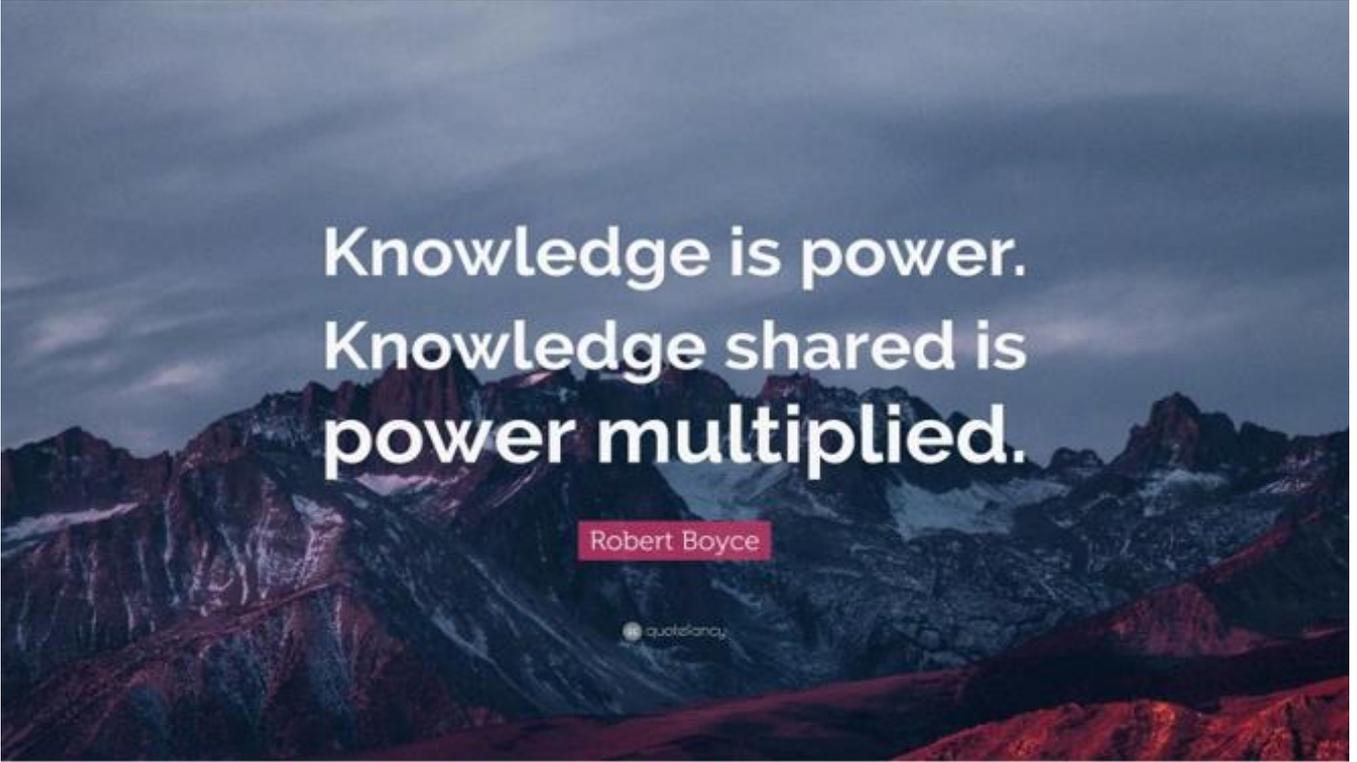
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Knowledge is power.  
Knowledge shared is  
**power multiplied.**

Robert Boyce

quoteagency

Welcome to the first issue of FYI, your monthly round up of all things family support and early intervention / prevention. If you would like to contribute upcoming consultations, training, article, event or update that practitioners from the community, voluntary or statutory sectors within the Western Trust area would love to hear about please contact:

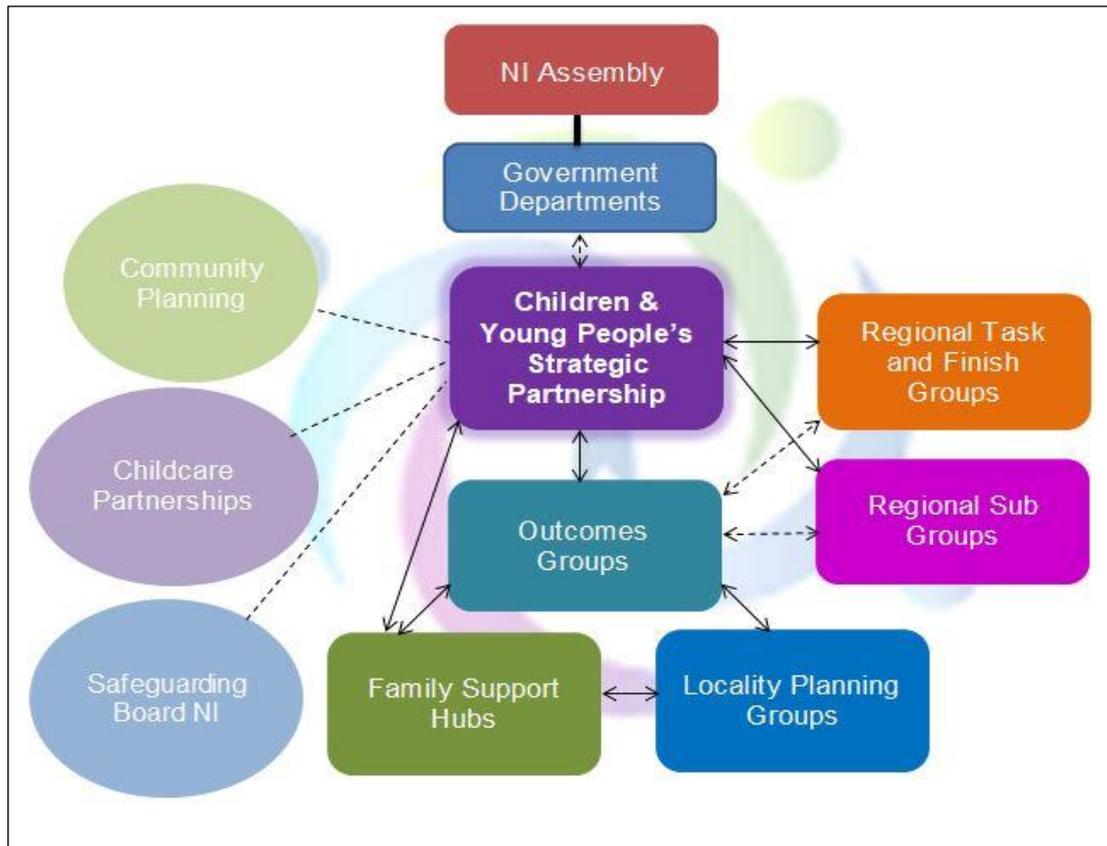
Dr Priscilla Magee – Mobile 07880723076  
[priscilla.magee@westerntrust.hscni.net](mailto:priscilla.magee@westerntrust.hscni.net)

Paul Sweeney – Mobile 07387259117  
[paul.sweeney@westerntrust.hscni.net](mailto:paul.sweeney@westerntrust.hscni.net)

## What is Locality Planning?

The 25 Locality Planning Groups (LPG) at a geography that works best for planning of local services is an integral part of the Children and Young People's Strategic Partnership (CYPSP) infrastructure. Across Northern Ireland, there are approximately 1,532 members of LPG representing 600 different organisations. The strategic expectation is that these multi-agency groups of frontline leaders contribute to strategic planning through working closely with Outcomes Groups and Family Support Hubs to:

- ✓ Identify and address unmet and emerging needs at grass roots locality level, i.e. local solutions to local needs.
- ✓ Provide an effective and accessible way for children and young people and families, as well as communities, to be involved in the planning of services to meet their needs.
- ✓ Develop bespoke and multi-agency locality-based action plans, taking account local population indicators of need.



**Diagram of the structure to put in place Northern Ireland's integrated planning and commissioning across agencies and sectors, through the Children and Young People's Plan.**

If you wish to become a member of your local LPG, please contact:

**Dr Priscilla Magee for the Southern Sector (Fermanagh and Omagh)**

Next Fermanagh LPG Meetings – 11am-1pm, 11.12.2023, Lakeside Youth Centre

Next Omagh LPG Meeting – 2pm – 4pm, 18.12.2023, Omagh Youth Centre

**Paul Sweeney for the Northern Sector (Strabane, Derry/Londonderry and Limavady)**

Next Waterside LPG Meeting 13/02/2024 2:00pm – 3:30pm Hillcrest House

Next Strabane LPG 8/02/2024 11:00am – 12:30pm TEAMS

Next Derry LPG 31/01/2024 10:00am -1:00pm BBHF

Limavady LPG February TBC

## The Western Locality Planning Team



Priscilla Magee is the Coordinator of Omagh and Fermanagh Locality Planning Groups (LPGs).

Priscilla leads and supports the partnership between front line leaders and staff across the Statutory, Community and Voluntary sectors working within the local neighbourhood/locality.

The work of the LPGs focuses on early intervention, nurturing resilient and healthy places and communities and improving outcomes for children and young people. Members of each LPG understand the issues for children and young people in their locality by using organisational data with input from children young people, and their families and linking closely with local Family Support Hubs. Additionally, members suggest and action collaborative pieces of work, recently supporting the Autism Social Cafes and Infant Mental Health Week.



Paul Sweeney is the Locality Planning Coordinator for the WHSCT covering Derry/Londonderry, Strabane and Limavady areas.

The role involves building relationships with the wider community and voluntary sector and together identify and report on community need. It also involves highlighting some of the excellent work ongoing within communities that support young people and families and strengthening the collaboration with the Trust's family support services.

The locality planning process supports the development of services that offer early intervention to those in need through creative, community based interventions.

## CYPSP Online Resources

[Translations – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](https://hscni.net)

### Welcome to the Translation Hub

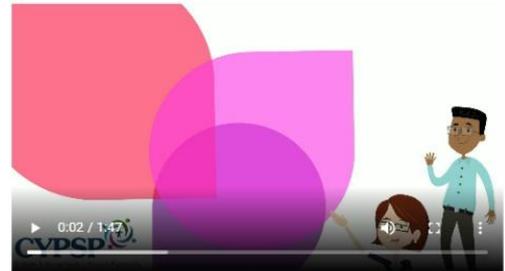
This page is best viewed with the ReachDeck (Browsealoud) application open, click on the icon in the top right corner and select the language of your choice by clicking on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email [cypsp@hscni.net](mailto:cypsp@hscni.net)

[How to use ReachDeck \(Browsealoud\) translation application](#)



- |                           |                                  |                        |                   |
|---------------------------|----------------------------------|------------------------|-------------------|
| <br>Health                | <br>Family Support               | <br>SureStart          | <br>Carers        |
| <br>Cost of Living Crisis | <br>Education                    | <br>Housing            | <br>Employment    |
| <br>Safety / Community    | <br>Police                       | <br>Money/Grant Advice | <br>COVID-19      |
| <br>Government Services   | <br>Tetum Translated Information | <br>Ukraine Advice     | <br>Sign Language |

## CYPSP Online Resources

[Youth Wellness Web – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](http://hscni.net)



Have a look through the Youth Wellness Web and then Help us keep it relevant - Click here to take our Survey and give us your feedback

**A place where everyone deserves to be helped at any time, no matter how big or small the problem is.**

There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation.

When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you.

All you have to do is click on your age group below where you will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.



Please select your age group

<b>AGE 8-10</b>	<b>AGE 11-15</b>	<b>AGE 16+</b>
<b>PARENT / TEACHER ZONE</b>		
<b>TRAINING ZONE</b>		

# CYPSP Online Resources

[Parent Participation Service - CiNI \(ci-ni.org.uk\)](http://ci-ni.org.uk)

**Children in Northern Ireland**

**CYPSP**  
Children & Young People's Strategic Partnership

## Parent Participation Service

The Parent Participation service recognizes the importance of using the voice and skills of parents and professionals together to improve services. We believe that parents are vital to achieving this and we are here to support parents to influence the activities of the Children and Young People's Strategic Partnership (CYPSP) and to support service providers to develop and improve participation with parents.

**Passionate Parents Network**

If you are a parent / carer who is passionate about an issue or service that impacts you or your family please get in touch!

**Parent Champions Network**

If you work with parents / carers and want to build capacity within your organisation for parental participation please get in touch!

**Priorities:**  
Neurodiversity or Physical Disabilities  
Financial Pressures  
Education

**For more info:**

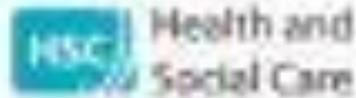
[www.ci-ni.org.uk](http://www.ci-ni.org.uk)

**Email:** [ppinbox@ci-ni.org.uk](mailto:ppinbox@ci-ni.org.uk)

**Call:** 07780377224 / 07340662469

## CYPSP Online Resources

[DisabilityParentsGuide\\_220523-212x300.jpg \(212x300\) \(hscni.net\)](#)



A GUIDE TO HELP **YOU** ON YOUR JOURNEY  
THROUGH DISABILITY/ADDITIONAL NEEDS  
For Parents by Parents



May 2023

## CYPSP Online Resources

[FamilySupportNI - Family support and childcare services across Northern Ireland](http://familysupportni.gov.uk)

The screenshot shows the homepage of familysupportni.gov.uk. At the top, there are navigation tabs for 'Family Support', 'Childcare', and 'Childcare Partnerships'. Below these is a search bar with dropdown menus for 'Family Support Services' and 'All Categories', a 'Keyword' input field, and a 'Search' button. A link for 'Show Postcode Search' is also visible. The main heading reads 'Searching for Family Support Services in Northern Ireland'. Below this is a video thumbnail showing hands typing on a laptop. Text below the video states: 'This website provides free, comprehensive and up-to-date information and advice about family support services for children, young people and their families in Northern Ireland. This Online Directory of Services is for parents, carers, young people and professionals.'

**Search :-**

'Select Service Type' - Family Support Services

Then **choose a category** from the drop-down list **And/Or** use a **Keyword Search**

Search results can be **narrowed by Postcode / Distance**

Search Results can be translated into a **variety of languages**

Profiles of individual organisations/services can be **printed off** (in any language) and given to a client/family for information.

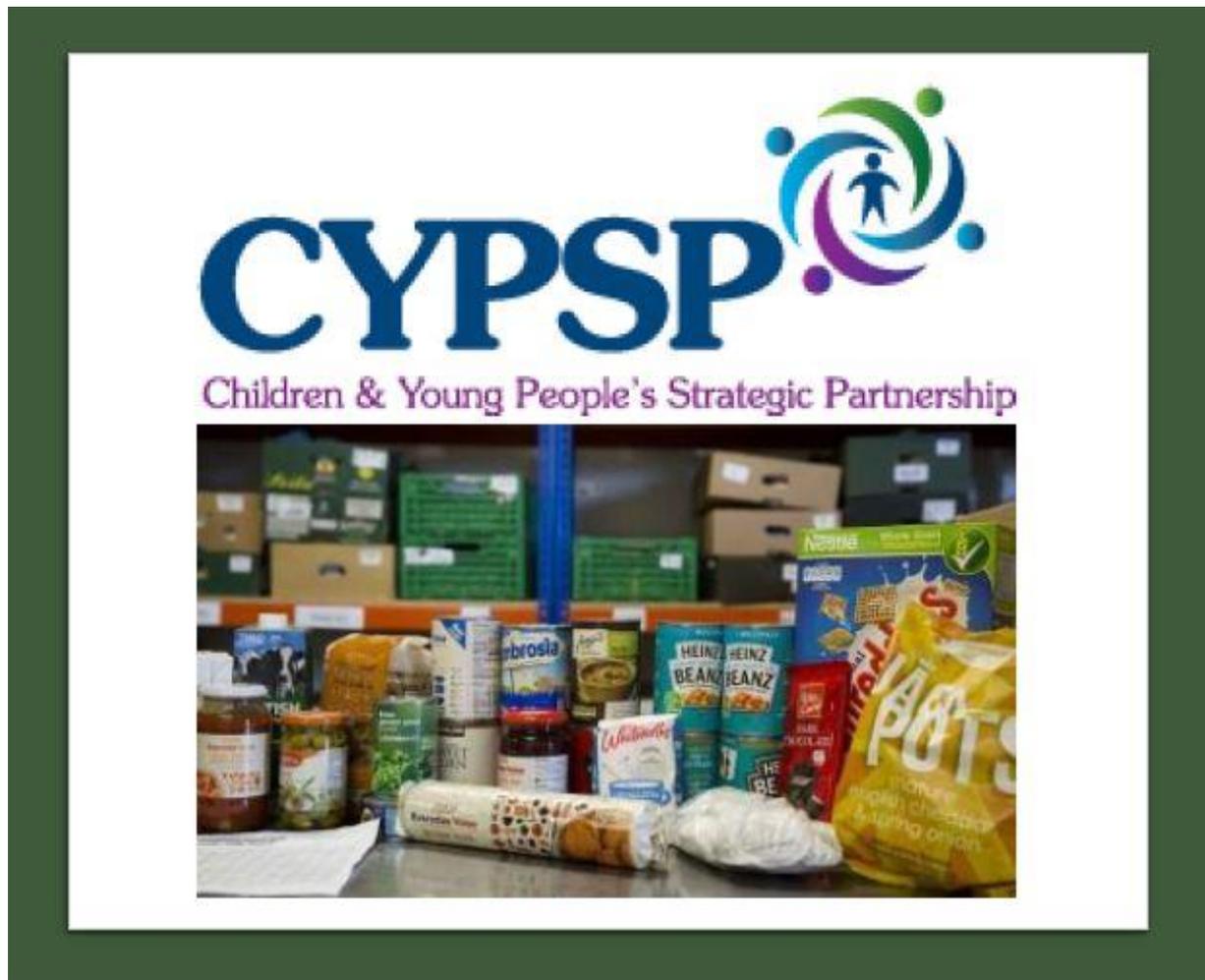
Watch this short animation which gives an overview of Family Support NI website :



Link for animation  
<https://vimeo.com/548371878>

## CYPSP Online Resources

[Cost-of-Living-Crisis-Resource \(11\).pdf](#)



### Cost of Living Crisis Resource

**A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis**

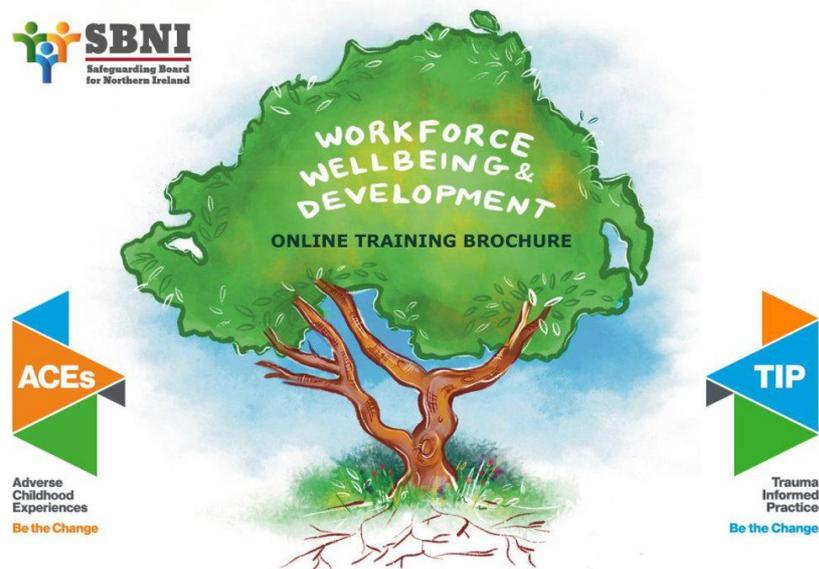
This is a live document and will be updated on a regular basis  
Updated November 2023

The information in this guide has been provided by services.  
If you would like to include information about your service please  
email: [louise.dickson@hscni.net](mailto:louise.dickson@hscni.net)

## CYPSP Online Resources

[SBNI Trauma Informed Practice Online Training Brochure – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

### SBNI Trauma Informed Practice Online Training Brochure



This brochure outlines training modules on understanding the impact of adversity and trauma informed practice currently available to support practitioners across Northern Ireland. All courses contained in this brochure are free for practitioners, funded by the Safeguarding Board for Northern Ireland.

The SBNI acknowledges that recognising and responding to the imprints of childhood adversity and trauma, will remain an integral part of achieving better outcomes through the implementation of trauma informed practice in organisations across NI. Trauma informed practice could only happen in the context of trauma informed and trauma responsive environments, policies, systems and organisations. When we consider adversity and trauma in the workplace and in our organisations, this can help in understanding our own responses and needs and in our thinking about the responses and needs of the people, we work with.

The SBNI continues to work to help its member agencies and other related bodies to:

- ▶ have an awareness of adverse childhood experiences;
- ▶ be aware of the impact of adversity and trauma on development across the lifespan;
- ▶ be able to identify what supports resilience to cope with adversity; and
- ▶ embed a trauma informed approach in their work.

The SBNI is committed to providing support to enable member agencies & partners to develop trauma informed practice to improve the health, wellbeing and safety of the children in Northern Ireland and the adults they become.

## Family Support

[RISENI - RISENI/parents \(paagetiger.com\)](https://www.paagetiger.com/RISENI-RISENI/parents)



**Welcome to RISE NI Parent Website**

- What is RISE NI?
- I need advice ... RISE NI Advice leaflets & resources
- I want to contact my local RISE NI team ...
- I want to access parent training ...
- Please give us your feedback  
It will take less than 1min!
- Useful Contacts
- Links to useful resources

The website is for the parents and carers of children in mainstream nurseries and primary schools (up to P4). It promotes development of:

- speech and language
- fine and gross motor skills
- social and emotional development

The website has information leaflets, suggested activities / resources and parent training videos developed by clinical psychologist, behaviour therapists, occupational therapists, speech and language therapists and physiotherapists.

## Family Support

[www.education-ni.gov.uk/publications/addressing-bullying-schools-act](http://www.education-ni.gov.uk/publications/addressing-bullying-schools-act)

### Preventative Measures

Schools aim to create and maintain a safe, nurturing, learning environment. Measures are put in place to protect and support those children and young people experiencing or displaying bullying type behaviour to tackle the problem effectively.

All members of the school community have a responsibility to prevent and address bullying type behaviour, whether in person and/or online, as outlined in the school Addressing Bullying Type Behaviour Policy.

School staff work with pupils, parents and carers to agree a relational, solution focused plan to support those experiencing the behaviour and a separate plan for those displaying the behaviour. The legislation enables schools to address online bullying type behaviours occurring outside school, and/or on the journey to and from school where there is impact on the child's learning.

### How do I report my concern?

- Reporting procedures are outlined in your school policy. Report your concern as soon as possible.
- Arrange an appointment to meet pastoral staff.
- Outline details of your concern and give staff time to gather information and consider supports.

Complaints  
Parents and carers can access the school's Complaints Policy on the school website or on request from the school office.

Be aware that only the Northern Ireland definition applies to our schools. Further information and advice:

- ea [ABSIT@education-ni.gov.uk](mailto:ABSIT@education-ni.gov.uk)
- Education [www.education-ni.gov.uk/publications/addressing-bullying-schools-act](http://www.education-ni.gov.uk/publications/addressing-bullying-schools-act)
- SAFER SCHOOLS NI <https://doh.gov.uk/safer-schools-ni/>
- ANTI-BULLYING ALLIANCE
- Text a Nurse | HSC Public Health Agency (028 9020 0000)
- Youth Wellness Web - Children and Young People's Strategic Partnership (CYPSP) ([www.cypsp.net](http://www.cypsp.net))

### Addressing Bullying Type Behaviour in Schools Parent Guide

A parent friendly guide to preventing and responding to bullying type behaviours

### What is bullying type behaviour?

*The Addressing Bullying in Schools Act 2016 (NI)*

Bullying type behaviour exists in all communities including schools. To respond to this, a new law commenced on 1st September 2021 in Northern Ireland. It provides schools with one legal definition to assess all reported alleged incidents of bullying type behaviour in schools.

#### Definition

- In the Act "bullying" includes (but is not limited to) the repeated use of...
  - any verbal, written or electronic communication,
  - any other act, or
  - any combination of those, by a pupil or a group of pupils against another pupil or group of pupils, with the intention of causing physical or emotional harm to that pupil or group of pupils.
- For the purposes of subsection (1), "act" includes omission.

It is a statutory duty for schools to relationally support all pupils to address bullying type behaviour in a solution orientated manner.

We refer to the pupil experiencing bullying type behaviour rather than 'victim'.

We refer to the pupil displaying bullying type behaviour instead of 'bully' or 'perpetrator'.

We refer to behaviours as socially unacceptable behaviour or bullying type behaviour.

### When is it bullying type behaviour?



When a concern of bullying type behaviour is shared, staff will clarify facts, perceptions and the individual needs of all those involved.

Staff will assess the reported incident using the TRIP criteria and select interventions aimed at repairing relationships.

Socially unacceptable behaviour becomes bullying type behaviour when, on the basis of the information gathered, TRIP is confirmed:

- When the behaviour is **TARGETED** at a specific pupil or group of pupils.
- When the behaviour is **REPEATED** over a period of time.
- When the behaviour is deliberately **INTENDED** to cause harm.
- When the behaviour causes **PSYCHOLOGICAL, EMOTIONAL** and/or **PHYSICAL** harm.

A significant One-off Incident can be considered bullying type behaviour if included in the school policy e.g. where a digital communication has been repeatedly and intentionally shared to cause harm.

### Imbalance of Power, Motivation and Methods

#### Imbalance of Power

When TRIP is fully evidenced, schools can consider the non statutory, imbalance of power, as a criteria to confirm their decision.

#### Motivation

Bullying type behaviour can be for any reason but is often directed towards vulnerable or minority groups based on e.g. race, religion, gender identity, sexual orientation, (dis)ability, age, appearance, child looked after (CLA), community background, cultural, family circumstances and political affiliation.

#### Method

Bullying type behaviour can present as relational, verbal or physical and can take place online or offline.

### Signs that my child could be experiencing bullying type behaviour

Your child may behave differently or show some of the following signs if experiencing bullying type behaviour.





# Family Support

<http://www.ci-ni.org.uk/wp-content/uploads/Parentline-What-do-we-do-A4-e1679523902359-200x200.jpg>



**Who are Parentline?**  
Parentline NI is Northern Ireland's helpline for parents and carers, funded by the Health and Social Care Board.

**What do we offer?**  
**Freephone line - 0800 8020 400**  
Support, advice, guidance and listening ears, whenever your circumstances, callers to the helpline can avail of a one off support call or will be offered follow up review calls to meet the needs of each parent/carer.

**Our Mission Statement**  
Every parent will feel valued, supported and encouraged on every call and be encouraged to both spend time connecting with their children and to seeing themselves with care and compassion.

**One to One parent support**  
There is no time or virtual boundary, tailored to meet your individual needs and circumstances, working with one of our dedicated parent support officers.

**Relate Referral**  
Through Parentline's partnership with Relate we can make referral for up to 10 sessions with Relate counsellors.

**We are HERE....**

**Parent Workshops**  
We deliver a range of workshops on parenting topics and areas of interest.

**Parentline Podcast**  
Podcasts hosted by every session, sharing all things parenting, available through all podcast platforms and free to listen.

**Resources**  
We have a range of parenting resources covering a wide range of topics available to share on request.

**Web-Chat**  
[ci-ni.org.uk/parentline](http://ci-ni.org.uk/parentline)

**Parents have said...**  
"I was definitely changed by the advice and understanding of my daughter's behaviour after years of years after speaking to you, and for that I am very grateful."  
"Thank you, you have really been there for me."  
"You will never understand how much we like you... we are so grateful to see us when he has done... so thank you!"  
"I was really lovely for me to have our children speaking, you have given me a lot of reassurance, thank you!"

**Get in touch**  
Scan here for your nearest and most convenient meeting location  
SCAN QR  
[www.ci-ni.org.uk](http://www.ci-ni.org.uk)  
[parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)  
[0800 8020 400](tel:08008020400)

**ALL scenarios... ANY question BIG or small...**  
My teenager has no respect for me, what can I do?  
How much sleep does my toddler need?  
How do I keep my child safe online?  
My child gets upset every morning at the school gates, what can I do?  
How can I talk to my teen about safe sex?  
My child has been waiting for ASD assessment and we are finding it hard... I am worried about managing money over school holidays... My child hits out, what do I do?  
I am due back to work and need childcare, where do I start?  
How do I tell my children we are separating... Is it normal if...?  
I don't know where to start...

**...lets talk**

# Family Support

## EMOTIONAL HEALTH AND WELLBEING IN EDUCATION ([education-ni.gov.uk](http://education-ni.gov.uk))



### EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION

#### CHILDREN AND YOUNG PEOPLE

##### TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PNA website - [Text A Nurse - pupils](#)

##### INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

##### YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

##### OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

#### PARENTS/ CARERS

##### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PNA website - [Text A Nurse](#)

##### SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - Innoance](#)

##### RISE NI

RISE NI Website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

#### SCHOOLS

##### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PNA website - [Text A Nurse](#)

##### RISE NI

Contact your local Health Trust Coordinator for more information.

##### REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

##### BEING WELL DOING WELL

The [Being Well Doing Well](#) programme aims to support schools (nursery, primary, post primary, special and ECETAS) to develop a Whole School Approach to Emotional Health and Wellbeing.

##### EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - EMTS](#)

##### CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Click [Schools - CCEA Hub](#) to find out more.

##### EA HEALTH WELL HUB

Health and Wellbeing support for staff. Click [EA Health Well Hub](#) to find out more.

#### FURTHER INFORMATION

##### YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

##### DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#)

##### TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#)

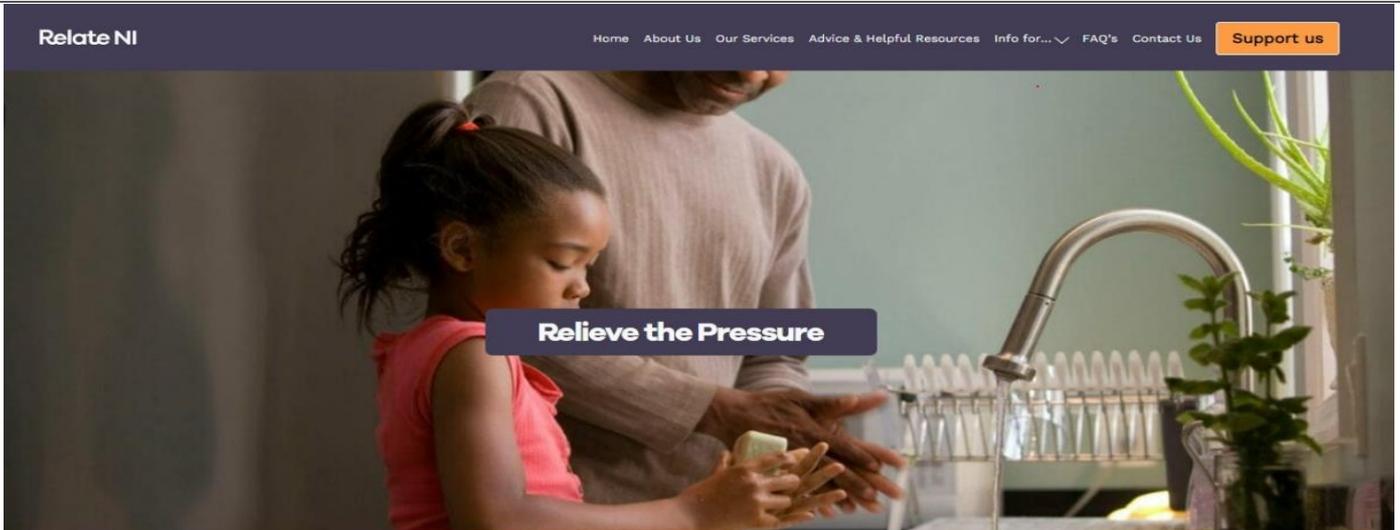
##### SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#)

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021 where you can find out more - [EHW in Education Framework](#)

# Family Support

[Relieve the Pressure](#) | [Relate NI](#)



## Relieve the Pressure on your Relationships this Winter

It's important that we utilise the power of healthy relationships to safeguard our wellbeing from the pressures of the festive period. Relieve the Pressure provides FREE downloadable tips and tools, videos and blogs to support you, your family, and other relationships whether that may be with friends, neighbours, or work colleagues with relationship support in a timely and accessible manner.

From the 13th of November to the 8th of January, we will be providing self- help resources on a different relationship and mental health theme each week. Below are resources that experts at Relate NI have created in collaboration with other professionals and organisations in the charity sector.

- [View all campaigns](#)
- [Relieve the Pressure](#)
  - [Sparking Conversation With Rate My Date NI](#)
  - [Teen Self- Esteem](#)
  - [Mental Health Awareness Week 2023](#)

## We Can Relate



- 13th- 19th Nov-Owen O'Kane: Relationship Pressures on Families this Winter
- 20th-26th Nov- Age NI: Combatting Loneliness in Older People this Christmas with our Relationships
- 27th Nov- 3rd Dec- We are Hourglass NI: Helping Older People to Notice the Signs of Financial Abuse
- 4th- 10th Dec: Co-Parenting at Christmas
- 11th-17th Dec- Feeling Pressure to Attend Everything this Christmas?
- 18th-24th Dec- Parentline NI: Guiding our Children's Holiday Expectations
- 26th- 31st Dec-Inspire NI: Protecting Mental Wellbeing this Winter with Healthy Relationships

# Family Support

[Relieve the Pressure | Relate NI](#)



## Relate NI

### Relieve the Pressure Prompts

### Week 2 - Co-Parenting At Christmas

### With Family Mediation NI

**CONVERSATION PROMPTS: NOVEMBER 21ST-27TH**

Whether you are newly separated or parents who have long co-parenting over the holiday period may continue to be challenging and tensions may run high when agreeing arrangements. Family Mediation NI suggest the following tips to help you communicate better and focus on the needs of your children:

1. With already separated how do we relate to the children that the holidays will be different this year?
2. How can we communicate and deal with tension without imposing on our children?
3. How can we make sure our children spend time with both of us over the holiday period?
4. We have both moved on and have new partners and/or children, a blended family. How can we manage the holidays and maintain the closest relationship we all have?
5. How can we consider our child's needs and each others feelings and make plans that suit all of us?



**WHAT IS IT?**

For a range of help, tips and support to support you to 'Relieve the Pressure' in your relationship this festive year.

**Important Message**

For more tips, facts and support, contact FMRNI, provider of Family Mediation across Northern Ireland. Mediation is not counselling, it is a process that empowers separated parents to manage conflict and resolve a co-parenting plan that meets their children's needs at the time.

[Download our guide](#)

**TOP TIPS TO RELIEVE THE PRESSURE**

- Reassure your children using age-appropriate language, that both parents will discuss how best to organise decisions over the holidays.
- Try to always discuss situations for and on the needs of your children not on the cost.
- Keep children's interests in mind including demands on raising your voice. Try to avoid using 'but' and 'and' for these discussions. Use words open to compromise.
- Consider agreeing to family annual rotation, considering work times, school weeks, the particular needs of individual children, within the wider wider family and grandparents help.
- Try putting yourself in the other parent's position, in your child's position and the other grandparent's position. How would you feel? Communication is key to better outcomes for children.

## Section 3: Support / Resources for Children and Young People

<https://www.publichealth.hscni.net/news/c-card-scheme-launched-provide-free-condoms-and-lubricant-young-people-northern-ireland>

[Steps To Cope | ASCERT](#)



**C-CARD**

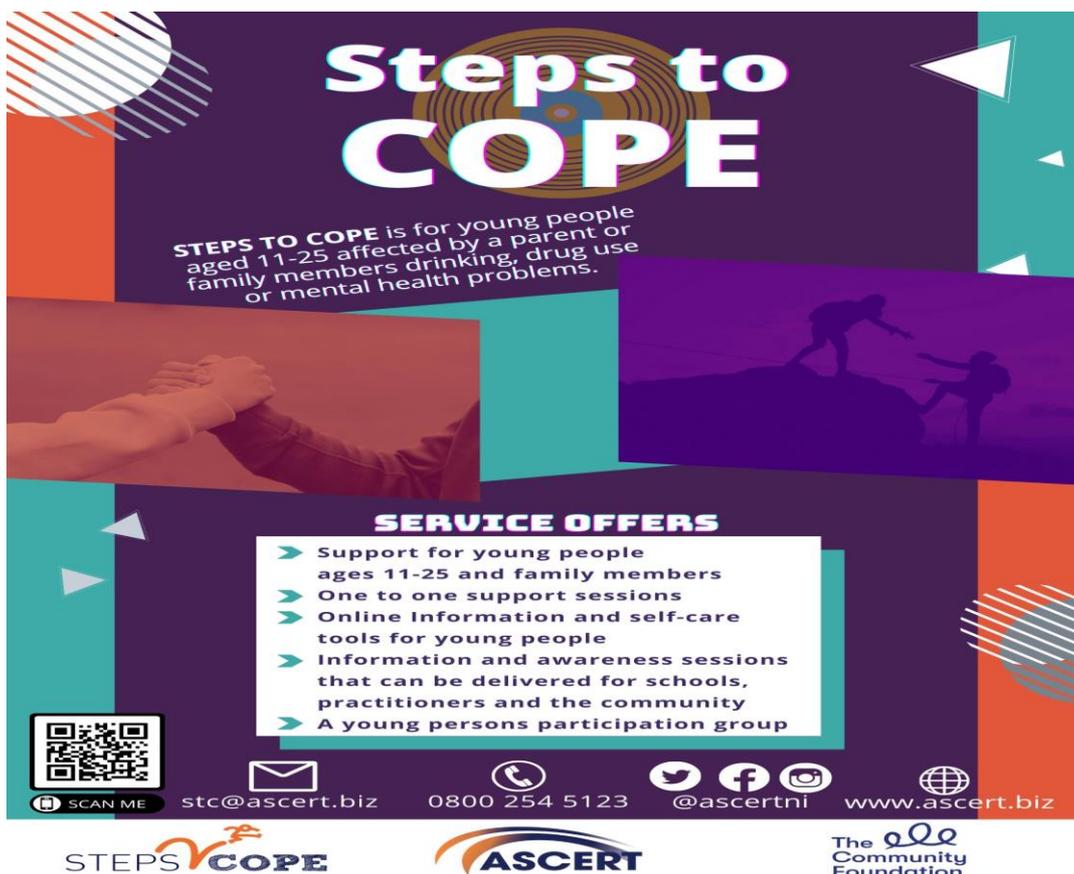
**Northern Ireland C-Card Scheme**

Free condoms and lubricants available for 16-25 year olds  
Available across Northern Ireland.

Find your local provider at:



**HSC** Public Health Agency  
Project supported by the PHA



**Steps to COPE**

STEPS TO COPE is for young people aged 11-25 affected by a parent or family members drinking, drug use or mental health problems.

**SERVICE OFFERS**

- Support for young people ages 11-25 and family members
- One to one support sessions
- Online Information and self-care tools for young people
- Information and awareness sessions that can be delivered for schools, practitioners and the community
- A young persons participation group

SCAN ME [stc@ascert.biz](mailto:stc@ascert.biz) 0800 254 5123 @ascertni [www.ascert.biz](http://www.ascert.biz)

**STEPS TO COPE** **ASCERT** The **Community Foundation**

## Neurodiversity

The Western Trust in partnership with local Councils are inviting families to a number of Autism Support Cafés where they can access local support and advice. The support cafes are aimed at families with children and young people who have received an Autism diagnosis, are awaiting an assessment or are displaying early indicators of being neurodiverse.

# Autism Support Café

## DATES:



**FERMANAGH**  
FRIDAY 17TH NOV 2023  
LAKELAND FORUM

**DERRY/  
LONDONDERRY**  
THURSDAY 25TH JAN  
2024  
TEMPLEMORE SPORTS  
COMPLEX

**LIMAVADY**  
FRIDAY 23RD FEB 2024  
ROE VALLEY LEISURE  
CENTRE

**STRABANE**  
FRIDAY 22ND MARCH  
2024  
MELVIN SPORTS  
CENTRE

**Times: 11am-1pm**

Information Stalls.  
Optional workshops on the day.

## Neurodiversity

[Autism Inclusive Christmas Events 2023.pdf \(middletownautism.com\)](https://middletownautism.com/Autism_Inclusive_Christmas_Events_2023.pdf)



The poster features a festive red border with string lights at the top and two green street lamps on the sides. At the bottom, there is a colorful illustration of a winter village scene with a cabin, a snowman, a carousel, and people walking. The central text is white on a red background.

  
**Autism Inclusive Christmas Events**  
**NI**

- [Cancer Connect NI Quiet Winter Wonderland 2023](#) (Castle Coole) – Saturday 25<sup>th</sup> November.
- [Mission Santa Relaxed Sessions](#) (Armagh Planetarium) – Sun 26<sup>th</sup> Nov at 9.30am, Tue 12<sup>th</sup> Dec at 3pm, Thu 14<sup>th</sup> Dec at 3pm, Wed 20<sup>th</sup> Dec at 3pm & Thu 21<sup>st</sup> Dec at 3pm.
- [Share Village on Ice](#) Quiet Sessions (Share Discovery Village) – Sundays throughout November & December at 10am.
- [Castle Court Santa Quiet Hour](#) (Castle Court Belfast) – Sundays 12-1pm.
- [Santa at Montalto House](#) – Autism Sessions (Montalto Estate, Ballynahinch) – Throughout December.
- [Christmas Quiet Nights](#) (Ark Open Farm)
- [Elf Escape Sensory Space](#) (Marble Arch Woodland & Visitor Centre) – Throughout December.
- [Sensory Friendly Santa's Stories](#) (Strule Arts Centre, Fermanagh) -Saturday 2<sup>nd</sup> December.
- [Jack and the Beanstalk](#) – Relaxed performance (Courtyard Theatre, Newtownabbey) – Sunday 3, 10 & 17 Dec at 11am.
- [An Evening of Inclusive Enchantment](#) (Antrim Castle and Gardens) - 6 & 13 December.
- [Santa's Quiet Grotto](#) (Dobbies Garden Centre Lisburn) – Fri, 8 Dec, 14:30–17:30.
- [Rapunzel – A Tangled Panto](#) – Relaxed performance (Waterfront Studio, Belfast) – Saturday 09 December 2023 at 1pm & 4pm
- [Relaxed screenings of Elf and Home Alone](#) (QFT Belfast) – 9<sup>th</sup>-10<sup>th</sup> December at 12pm.
- [Rockin Around the Christmas Tree Silent Disco](#) (Lagan Valley Leisureplex) – Tuesday 12<sup>th</sup> Dec from 6.30-7.15pm.
- [Autism Friendly Santa & Clip 'n' Climb](#) (High Rise NI, Lisburn) – Wednesday 13<sup>th</sup> Dec from 4pm.
- [A Magical Christmas Experience](#) – Quiet sessions (Titanic Belfast) – Wednesday 13<sup>th</sup> December at 7pm and 7.30pm and Saturday 16<sup>th</sup> December at 9am and 9.30am.
- [Santa at South Lake](#) – Quiet/Relaxed session (Craigavon) – Friday 15<sup>th</sup> Dec at 5.30pm & 6.00pm.
- [Santa's Enchanted Magical Tour](#) – Sensory needs session (Benburb Priory House) – Sat, 16 Dec, 13:00–15:00.
- [Quiet Breakfast with Santa](#) (Belfast Zoo) – 16 December
- [Quiet Santa experience](#) (Belfast Zoo) – 17 December
- [Snow White and the Seven Dwarfs](#) – Relaxed performance (Grand Opera House, Belfast) – Tuesday 09 January 2024, 6pm

# Neurodiversity

## Who We Are

Your child was referred to this service as they were presenting with characteristics that may be associated with Autism. The Autism Service is made up of a range of professionals who are here to help and support you and your family through this journey. The service has been developed to offer early intervention as a first step in the process.

## Who you might meet in the service:

The multi-disciplinary team consists of a range of professionals including; Community Paediatricians, Speech & Language Therapists, Psychologists, Occupational Therapists, Autism Practitioners, Social workers and Family Support workers.

## Support networks you can access now:

- Education Authority Autism Advisory & Intervention Service (AAIS)
- RISE NI
- Family Support Hubs
- Middletown Centre of Autism
- National Autistic Society (NAS)
- Autism NI
- Autism Initiatives

See enclosed directory for additional support

## Early Intervention

The Early Intervention Service is the crucial first step in your journey within our team. We aim to provide support, advice and intervention to you and your family in a timely fashion while recognising your child's individual strengths.

## What Now

You are required to book onto the first information session at your earliest opportunity. This session will last approximately 1 hour and will focus on: what your journey through this service may look like, information on what is available to you now, how we can help you support your child and links to external supports and agencies.

Please contact your local office to book your place (see overleaf).

Following this session you will have the opportunity to avail of a wide range of other specialist supports.

## What we can offer:

- Group intervention
- Family intervention
- Training
- Advice, support and signposting
- Useful resources

## Assessment

This is the next step in your child's journey. This process is tailored to the individual needs of each child and their family and involves multi-professional specialist assessment.

This process may occur over a period of time and typically includes:-

- Completion of a neuro-developmental history if this has not been provided by the referrer or by another service which your child is known to.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with or referral to other professionals or agencies involved with your child.
- School and/or Home observations.
- In some cases a meeting will be arranged for all professionals who are involved in your child's care to share information as part of the assessment process.



## Outcome

Following assessment one of the following decisions will be agreed with you.

- If diagnostic criteria is not met, your child will be discharged from the Children & Young People's Autism Service. Onward referral to other agencies/services may be made as appropriate with consent.
- A period of time for a watchful wait is agreed to allow further time for a child to access intervention or further developmental maturation.
- A diagnosis is confirmed and you will be offered post diagnostic support.

## Follow up supports may include:

- Information/Advice/Support
- Signposting
- Intervention Programmes
- Individual or Group intervention
- Social work assessment & Intervention

## Contacts Details:

**Rivendell**  
Tyrone and Fermanagh Hospital  
1 Donaghlan Road, Omagh, BT75 0NS  
Tel: 028 8283 5963



**Lilac Villa**  
Gransha Park  
Londonderry, BT47 6TG  
Tel: 028 7130 8313



**Children's Centre**  
South West Acute Hospital  
Enniskillen, BT74 6DN  
028 66382103



**HSC** Western Health and Social Care Trust

Welcome to the  
Children & Young People's  
Autism Service



Your Journey Starts here ...



For further information go to:  
<https://westerntrust.hsoni.net/service/autism-spectrum-disorder-asd-childrens-service/>

This leaflet was co-produced by  
Parent/Carers and  
Autism Service staff

## Cost of Living

[Free and impartial help with money, backed by the government | MoneyHelper](#)

The screenshot shows the MoneyHelper website interface. At the top left is the MoneyHelper logo. To the right is a search bar with the text 'Cymraeg' and a magnifying glass icon. Below the logo is a navigation menu with the following items: Benefits, Everyday money, Family & care, Homes, Money troubles, Pensions & retirement, Savings, and Work. The main content area features a large image of a smiling woman in a workshop. Overlaid on the image is the text 'For free guidance you can trust, we can help.' followed by a search bar and a magnifying glass icon. Below this is a list of service categories: Benefits, Family & care, Money troubles, Savings, Everyday money, Homes, Pensions & retirement, and Work. In the bottom right corner of the image area, there is a 'Talk to us live' button with a speech bubble icon and the HM Government logo.

MoneyHelper is a consumer facing service providing free and impartial money and pension guidance for people across the UK.

Go To :

[Free and impartial help with money, backed by the government | MoneyHelper](#)



## Crisis Resources Information & Support



Western Health and Social Care Trust



Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can call on in the Omagh and Fermanagh areas. The numbers below are available 24 hrs per day (except GP Out of Hours and Papyrus). The numbers on the opposite side can be accessed during the day Mon-Fri.

# 999 or 112

**GP Out of Hours** **028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline** **0808 808 8000** **24 hour support if you are in distress or despair.**

**SAMARITANS** **116 123**  
For a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline** for men and women: 08088021414 /email help@dsahelpline.org

**PAPYRUS:** Dedicated to preventing young suicide (under 35yo) 9am-midnight every day  
Call free: 08000684141 / Free text 07860039967  
email pat@papyrus-uk.org / chat: http://www.papyrus-uk.org

These services can be contacted during the day Mon-Fri

### VOYPIC

Voice of Young People in Care  
028 7137 8980 • info@voypic.org • www.voypic.org  
Mon-Fri 9.30am-5.30pm

### Aisling Centre

Enniskillen, Counselling, Psychotherapy and Wellbeing Service  
028 6632 5811 • www.theaislingcentre.com • Mon-Fri 9am-5pm

### The Tara Centre

Omagh, Counselling and Therapeutic Services  
028 8225 0024 • www.taraomagh.com • Mon-Fri 9am-5pm

### Aware NI

Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

### NEXUS NI

Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

### ASCERT

Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



Western Health and Social Care Trust



Crisis Resources Information and Support

If you are worried about your mental health, this card provides details of supports you can access in the L'Derry, Strabane and Limavady areas. The numbers below are available 24hrs per day (except GP Out of Hours, Papyrus, and COSI). The numbers on the opposite side can be accessed during the day Mon-Fri.

# 999 or 112

**GP Out of Hours** **028 7186 5195**  
Monday to Friday from 6pm / 24hrs during Saturday, Sunday and public holidays

**Lifeline** **0808 808 8000** **24 hour support if you are in distress or despair.**

**Community Crisis Intervention Service (CCIS):** If you feel in crisis and need support or if you have observed someone who is in distress and this comes to significant harm through with harm and suicidal behaviour please call

# 028 7126 2300

Thurs 6pm-Midnight • Fri 6pm-3am • Sat 6pm-3am • Sun 6pm-10pm

**SAMARITANS** **116 123**  
for a listening ear 365 days a year.

**Childline: 08001111** for young people under 19

**24hr Domestic and Sexual Abuse Helpline** for men and women: 08088021414 /email help@dsahelpline.org

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Mon-Fri 9.30am-5.30pm

### Aware NI

Support for people with depression, bipolar disorder, and anxiety  
028 9035 7820 • www.aware-ni.org  
Mon-Thurs 9am-5pm, Fri 9am-2pm

### NEXUS NI

Support for people affected by sexual trauma  
028 9032 6803 • www.nexusni.org  
Monday-Wednesday 9am-9pm, Thurs 9am-5pm, Fri 9am-4pm

### ASCERT

Addressing alcohol and drug-related issues  
0800 254 5123 • www.ascert.biz • Mon-Thurs 9am-5pm, Fri 9am-4pm

### MAN Men's Action Network

For Male Victims of Domestic, Sexual and Coercive Behaviour  
028 7122 4530 • 028 7137 7777 • Mon-Thurs 9am-4pm & Fri 9am-1pm

### Korom Centre

Strabane, Counselling and Psychosocial Support  
028 7188 4181 • Mon, Tues, Fri 9am-5pm, Wed & Thurs 9am-9pm  
Phone lines closed for lunch 1pm-2pm every day.

### Derry Well Women

Health and Social Care Services to Women of All Ages  
028 7134 0777 • www.derrywellwomen.org  
Mon-Thurs 9am-5pm, Fri 9am-4pm. Drop-in daytime only.

For further information on drug and alcohol support services in your area, please go to <https://drugsandalcoholni.info/self-help-resources/> or scan this QR code and click on Western Area.



# UNICEF Child Friendly Communities

[Derry City & Strabane - Child Friendly Communities \(derrystrabane.com\)](http://derrystrabane.com)

## Child Friendly Communities



HOME > COMMUNITY > CHILDREN AND YOUNG PEOPLE > CHILD FRIENDLY COMMUNITIES

Child Friendly Communities

### Unicef Child Friendly Communities

It is an exciting time for children and young people in the Derry City and Strabane District as we start the journey towards a **Child Friendly Community**. The vision is that we live in a community where the voices, needs, priorities and rights of children and young people are considered and taken seriously.

In Derry and Strabane, we will

- Work with people in your community so they know how to respect your rights and help you feel welcome.
- Have more opportunities for you to have a say and meet people who make decisions about things that affect you.
- You know about your rights, can read child-friendly updates, and see positive stories about people your age.
- You know how to support your mental health, the impact of alcohol and drugs, and have safe places to go if you feel sad or worried.
- You are treated fairly, feel valued and have places to play and enjoy in your free time.
- Your learning spaces will promote health and wellbeing, offer you the chance to make decisions and help you develop your personality and talents.
- If you are not able to enjoy your rights, you know what you can do to make a complaint and you will be taken seriously.

For further information go to:

[Derry City & Strabane - Child Friendly Communities \(derrystrabane.com\)](http://derrystrabane.com)

# UNICEF Child Friendly Communities

[Derry City & Strabane - Child Friendly Communities \(derrystrabane.com\)](http://derrystrabane.com)

[Change Makers: Resource for Teachers and Youth Workers](#)



**This resource is designed to help children and young people learn more about the recent Concluding Observations published by the UN Committee on the Rights of the Child (the Committee).**

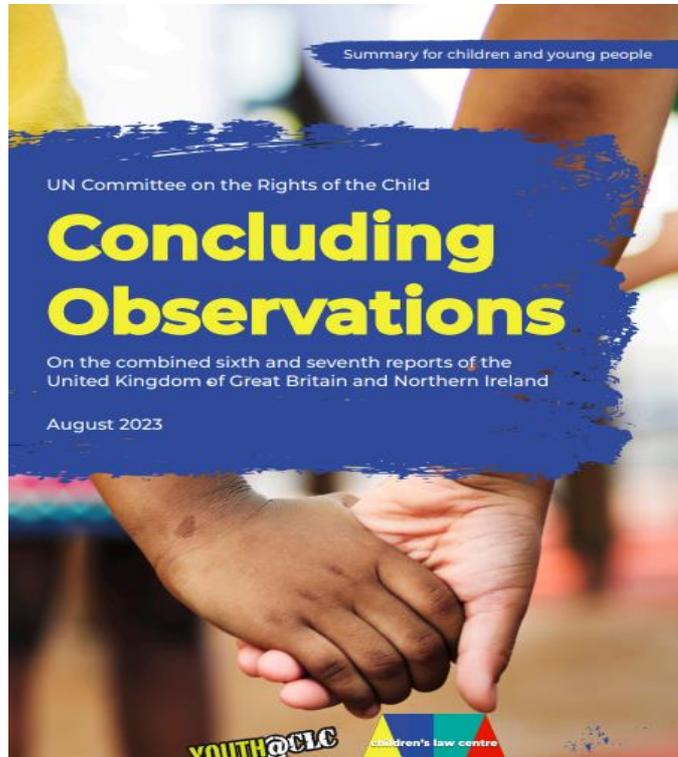
The Concluding Observations were published after the Committee examined the UK Government and devolved administrations' (Northern Ireland, England, Scotland, Wales and overseas territories) record on children's rights.

The examination process is laid out as part of the UN Convention on the Rights of the Child (UNCRC). The UK is a signatory to the UNCRC and therefore has obligations to implement it.

In this resource, you can find information that will help explain the UNCRC, the Committee and the examination process. There are also links to further resources and some activities to help children and young people learn more about how the concepts relate to their everyday lives.



[Concluding Observations: Summary for Children and Young People](#)



## In a Child Friendly Community all Children and Young People...

In a Child Friendly Community all Children and Young People...

- Have a say when things affect their lives.
- Are supported to give their views freely.
- Access good health, education, transport, and other support.
- Feel safe and protected from unfair treatment and harm.
- Can enjoy public places and meet other children freely.
- Enjoy a clean and safe place to live.

The UK Committee for UNICEF (UNICEF UK) Child Friendly Cities and Communities Programme works with Councils and their partners to put Child Rights into Practice.

In Derry City and Strabane District we have a mix of City and Rural areas so are working towards UNICEF UK Child Friendly Community status.

# Training, Conferences and Consultations

[inourplace.co.uk](http://inourplace.co.uk)

Welcome to  
**inourplace**  
Brought to you by the Solihull Approach

Online courses dedicated to improving emotional health and wellbeing in parents, children, teenagers, adults and grandparents.

[View Courses](#)[Sign In](#)[Buy Courses](#)[Apply Access Code](#)

## The Solihull Approach series

**Antenatal**[View courses](#)**Postnatal**[View courses](#)**Children and Young People**[View courses](#)

Solihull training online is still free and available within WHSCT.

## Course title

1. Understanding pregnancy, labour, birth and your baby
2. Understanding your baby
- 3a. Understanding your child
- 3b. Understanding your child with additional needs
4. Understanding your teenager's brain
5. Understanding your brain (for teenagers only!)
6. Understanding your child's feelings (a taster course)
7. Understanding your child's mental health and wellbeing (accompanies 3a and/or 3b)
8. Understanding your relationships
9. Understanding pregnancy, labour, birth and your baby: for women/ couples

The website: [inourplace.co.uk](http://inourplace.co.uk)

## Training, Conferences and Consultations

[HIEI-Training-Brochure-Update-1st-Dec-23-31st-March-24-Live-links.pdf](#)



The Western Trust Health Improvement Equality and Involvement (HIEI) Department has published their latest Training Brochure which offers free training courses taking place right across the Trust from September to April 2023.

The HIEI Department are delighted to offer three NEW courses; 'Cultural Competency and Sensitivity for Mental Health Practitioners', 'Nutrition Awareness Tutor Training' and 'Strength and Balance'. We also have the return of the nutrition course 'Cook It! Tutor Training'. We are also pleased to offer ASSIST and SafeTALK again. The courses will be delivered either via Zoom or face to face in a range of locations across the Western Trust area.

For course details, including times and course content and to book a place, please click the 'Click Here to Register' icon below each course, which takes you to the Eventbrite registration page.



## Useful links

### Cost of Living Resources Including Contact Details for Local Food Banks

Fermanagh and Omagh District Council

[Cost of living help – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](http://fermanaghomagh.com)

Strabane and Derry/ Londonderry District Council

[Derry City & Strabane - Help with Cost of Living \(derrystrabane.com\)](http://derrystrabane.com)

Causeway Coast and Glens Council

[Advice and Support - Causeway Coast & Glens Borough Council](http://causewaycoastandglens.gov.uk)

[\(causewaycoastandglens.gov.uk\)](http://causewaycoastandglens.gov.uk)

### Family Support Hubs Newsletter:

<https://cypsp.hscni.net/download/391/family-support-hubs/42040/oct23-fsh-newsletter.pdf>

### CYPSP Ezine:

[CYPSP Ezine 74 - October 2023 \(mailchi.mp\)](http://mailchi.mp)

### Western Healthy Living Centres

**Arc Healthy Living Centre Irvinestown:**

[Arc Healthy Living Centre \(archlc.com\)](http://archlc.com)

**Oak Healthy Living Centre Lisnaskea:**

[Oak Healthy Living Centre](http://oakhealthy.com)

**Omagh Healthy Living Network**

<http://www.omaghforum.org/>

**Derg Valley Healthy Living Centre**

<http://s443960577.initial-website.co.uk/>

**Strabane Health Improvement**

[strabanehealthimprovement@gmail.com](mailto:strabanehealthimprovement@gmail.com)

**Waterside Neighbourhood Partnership**

[watersidenp@hotmail.com](mailto:watersidenp@hotmail.com)

**Old Library Trust**

<http://www.olt.ie/>